

**BOARDS AND COMMISSIONS**  
**Kentucky Board of Medical Licensure**  
**(As Amended at ARRS, August 10, 2021)**

**201 KAR 9:290. Athletic trainers; interpretation and application of KRS 311.901(1) and 311.903(2)(4).**

RELATES TO: KRS Chapter 13B, 311.591-311.593, 311.599, 311.900, 311.901(1), ~~[and KRS] 311.903(2), 311.905, 311.911(4)~~

STATUTORY AUTHORITY: KRS 311.901(1), ~~[and KRS] 311.903(2)(4)~~

NECESSITY, FUNCTION & CONFORMITY: KRS 311.901(1) and ~~[KRS] 311.903(2)(4)~~ require that the Kentucky Board of Medical Licensure promulgate administrative regulations relating to the licensure and regulation of athletic trainers, including procedures for eligibility and credentialing, procedures for license renewal and reinstatement, procedures for complaints and disciplinary actions, a code of ethical standards, standards of practice, objectives of athletic training, procedures for name and contact information changes, procedures of licensure renewal and reinstatement of active duty military individuals, procedures for documentation standards, requirements for foreign-trained athletic trainers, a formulary of legend medications that may be obtained, transported, provided, and administered when providing athletic training services, and requirements for invasive procedures. This administrative regulation establishes the procedures for eligibility and credentialing of US-trained and foreign-trained athletic trainers, procedures for license renewal and reinstatement including for active duty military individuals, procedures for complaints and disciplinary actions, a code of ethical standards, standards of practice, objectives of athletic training, procedures for name and contact information changes, procedures for documentation standards, a formulary of legend medications that may be obtained, transported, provided, and administered when providing athletic training services, and requirements for invasive procedures.

Section 1. Definitions. (1) "Athletic injury" is defined by KRS 311.900(2). ~~[means: (a) An injury or condition, excluding medical conditions such as internal infections, internal injuries, fractures, and spinal cord injuries except in an acute situation sustained by an athlete that affects the individual's participation or performance in sports, games, or recreation; or~~

~~(b) An injury or condition that is within the scope of practice of an athletic trainer identified by a physician licensed under KRS Chapter 311, a physical therapist licensed under KRS Chapter 327, an occupational therapist licensed under KRS Chapter 319A, or a chiropractor licensed under KRS Chapter 312 that is likely to benefit from athletic training services that have been approved by a physician supervising the athletic trainer;]~~

(2) "BLS" means basic life support.

(3) "Board" means the Kentucky Board of Medical Licensure.

(4) "BOC" means National Athletic Trainers Association Board of Certification, Inc.

(5) ~~["CAATE" means the Commission on Accreditation of Athletic Training Education.~~

~~(6)]~~ "Dry needling" or is also known as "intramuscular manual therapy" ~~[and]~~ means the insertion of a dry solid filiform needle, without medication, into a trigger point with the goal of releasing or inactivating the trigger points for the treatment of myofascial or musculoskeletal pain or soft tissue dysfunction.

~~(6)](7)]~~ "IM" means intramuscular.

~~(7)~~~~(8)~~ “IV” means intravenous.

~~(8)~~~~(9)~~ “Legend drug” or “legend medication” means any drug, except for Schedule II, III, IV, or V drugs as defined in the Controlled Substances Act, 21 U.S.C. secs. 801 et seq., approved by the U.S. Food and Drug Administration that can be dispensed to the public only with a prescription from a medical doctor or other licensed practitioner.

~~(9)~~~~(10)~~ **~~“NATA” means the National Athletic Trainers Association.~~**

~~(11)~~ “OTC” means an over-the-counter medication and is any medicine sold directly to a consumer without a requirement for a prescription from a healthcare professional.

~~(10)~~~~(12)~~ “SubQ” means subcutaneous.

~~(11)~~~~(13)~~ “Supervising physician” **is defined by KRS 311.900(6)**~~[means a medical or osteopathic physician licensed by the Board].~~

~~(12)~~~~(14)~~ “Supervision” **is defined by KRS 311.900(7)**~~[means advising, consenting to, or directing the activities of an athletic trainer through written or oral orders by a physician licensed by the Board, including pre-existing written protocols].~~

Section 2. Eligibility and Credentialing for US-trained and Foreign-Trained Athletic Trainers. In order to be eligible for licensure as an athletic trainer in the Commonwealth of Kentucky, regardless of whether trained in the United States or abroad, an applicant shall satisfy the requirements established in KRS 311.905.

Section 3. Renewal and Reinstatement. The procedures for renewal and reinstatement **shall be as**~~[are those]~~ established in KRS 311.905 and 201 KAR 9:305 and 9:307.

Section 4. Procedures for complaints and disciplinary actions. All grievances, complaints and disciplinary proceedings against an athletic trainer shall be conducted in accordance with the provisions of KRS 311.591, 311.592, 311.593,~~[;]~~ 311.599, and 311.911; KRS Chapter 13B; and any related administrative regulations **in 201 KAR Chapter 9 that**~~[promulgated under KRS Chapter 311 which]~~ apply to physicians shall also apply to athletic trainers.

Section 5. Ethical Standards. An athletic trainer licensed to practice in the Commonwealth of Kentucky shall conform to the National Athletic Trainers’ Association’s Code of Ethics (March 2018).

Section 6. Standards of Practice. The standards of practice of an athletic trainer licensed to practice in the Commonwealth of Kentucky shall conform to BOC Standards of Professional Practice (October 2017), unless otherwise excluded by Kentucky statute or administrative regulation including those under 201 KAR Chapter 9.

Section 7. Objectives of Athletic Training. An athletic trainer licensed to practice in the Commonwealth of Kentucky shall practice with the intent of preventing, recognizing, evaluating, managing, disposing, treating, reconditioning, or rehabilitating athletic injuries.

Section 8. Name and Contact Information Changes.

(1) Any person licensed to practice as an athletic trainer in the Commonwealth of Kentucky shall report, in writing, to the Board:

(a) His or her full and official name, maiden name, and any aliases;

(b) The primary **address or addresses**~~[address(es)]~~ at which he or she maintains an office or practices athletic training and may be served correspondence from the Board;

(c) The electronic email **address or addresses[address(es)]** at which he or she may receive correspondence from the Board; and

(d) His or her supervising **physician or physicians[physician(s)]**.

(2) If unknown at the time of initial licensure, any new licensee shall make the report required in subsection (1) of this section within thirty (30) days after commencing the practice of athletic training within this state.

(3) Every athletic trainer who, after notifying the Board of the information required in subsections (1) and (2) of this section, moves, changes, or obtains a new name, address, electronic address, or supervising physician, shall notify the Board, in writing, within ten (10) business days thereof.

Section 9. Documentation Standards. An athletic trainer licensed to practice in the Commonwealth of Kentucky shall maintain an appropriate and reasonable medical record of patients receiving athletic training services, which may include:

- (1) Record of the athletic trainer's evaluation of the patient;
- (2) Inclusion of pertinent medical history;
- (3) Record of oral orders from a referring or supervising physician;
- (4) A description of services provided by the athletic trainer;
- (5) A plan of care including referral to other medical providers;
- (6) Record of follow up care and/or ongoing treatment; and
- (7) Documentation of significant changes in patient status, if any.

Section 10. Formulary of Legend Medications **that[which]** may be Obtained, Transported, Provided, and Administered **if[when]** Providing Athletic Training Services.

(1) An athletic trainer licensed to practice in the Commonwealth of Kentucky may, in coordination with a supervising physician, obtain, transport, provide, and administer the following legend drugs:

- (a) Albuterol for administration via meter dose inhaler;
- (b) Albuterol Nebule for administration via small volume nebulizer or oxygen-driven nebulizer prepackaged;
- (c) Atrovent Nebule for administration via small volume nebulizer or oxygen-driven duonebulizer prepackaged;
- (d) Oxygen;
- (e) Nitroglycerin for administration via spray or tab;
- (f) Epinephrine 1:1000 for administration via IM or Epi-Pen for treatment of anaphylaxis;
- (g) The following fluids for IV administration:
  1. Normal Saline; and
  2. Lactated Ringers;
- (h) Naloxone for IM or nasal administration;
- (i) Glucagon for IM administration in the event of a diabetic emergency;
- (j) D50-Dextrose 50% and D25- Dextrose 25% for IV administration in the event of a diabetic emergency;
- (k) Flu Vaccine to any person nine (9) years of age or older;
- (l) Lidocaine (1% or 2%) for administration via injection, with or without Epinephrine;
- (m) Bupivacaine (.5%) for administration via injection, with or without Epinephrine;
- (n) Lidocaine Topical; and
- (o) Dermabond tissue adhesive.

(2) An athletic trainer licensed to practice in the Commonwealth of Kentucky may, in coordination with a supervising physician, obtain, transport, provide, and administer OTC

medications in accordance with the manufacturer's recommendations or upon order of a supervising physician.

(3) Unless there is a risk of death, physical disability, or impairment to the athlete, an athletic trainer licensed to practice in the Commonwealth of Kentucky shall not administer a legend drug or an OTC medication to a person under the age of eighteen (18) years without express parental or guardian consent and physician oversight.

#### Section 11. Invasive Procedures.

(1) An athletic trainer licensed to practice in the Commonwealth of Kentucky may, in coordination with a supervising physician, perform the following invasive procedures:

- (a) Rectal thermometry;
- (b) IM, IV or SubQ medication administration injections;
- (c) Airway adjuncts, if in conformity with BLS protocols and instruments;
- (d) Dry needling, if:

1. The athletic trainer has completed at least fifty-four (54) classroom hours of BOC-approved dry needling training, which includes instruction in the clinical application of dry needling;

2. The procedure is ordered by a supervising physician; and

3. The treatment is administered in a designated room or facility separate from a gymnasium, locker room, sports field, or sideline;

(e) Phlebotomy;

(f) Capillary finger sticks for purpose of testing blood glucose levels;

(g) Repair or closure of superficial lacerations involving only skin or subcutaneous tissues, if performed in a designated room or facility separate from a gymnasium, locker room, sports field, or sideline; and

(h) Draining of blisters.

(2) Unless there is a risk of death, physical disability, or impairment to the athlete, an athletic trainer licensed to practice in the Commonwealth of Kentucky shall not perform an invasive procedure on a person under the age of eighteen (18) years without express parental or guardian consent and physician oversight.

Section 12. Incorporation by Reference. (1) The following material is incorporated by reference:

(a) The "National Athletic Trainers' Association's Code of Ethics", March 2018; and

(b) "BOC Standards of Professional Practice", October 2017.

(2) This material may be inspected, copied, or obtained, subject to applicable copyright law, at the Kentucky Board of Medical Licensure, 310 Whittington Parkway, Suite 1B, Louisville, Kentucky 40222, Monday through Friday, 8:00 a.m. to 4:30 p.m.

**(3) This material may also be obtained on the board's Web site at [kbml.ky.gov](http://kbml.ky.gov).**

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